

USAG ANSBACH

ARMY COMMUNITY SERVICE NEWSLETTER



SEPTEMBER 2009

“REAL-LIFE SOLUTIONS FOR
SUCCESSFUL ARMY LIVING”

www.myarmyonesource.com



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ARMY COMMUNITY SERVICE

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Fax: 09802.83 2371

Mon-Thu 0800-1700 & Fri 1130-1700

Storck Barracks Bldg. 6510

09841.83 4555/4764 | 467. 4555/4764

Fax: 09841.83 4813

Mon-Thu 0800-1700 & Fri 1130-1700

YELLOW RIBBON ROOM

Katterbach Bldg 5817A, 1st FL

09802.83 2553/2775 | 467. 2553/2775

Mon-Thu 0900-1800 & Fri 1130-1800

Storck Barracks Bldg. 6503

09841.83 4397/4398 | 467. 4397/4398

Mon-Thu 0900-1400 & 1500-1800

Fri 1130-1400 & 1500-1800





MISSION STATEMENT

Mission Statement: ACS will assist commanders in maintaining readiness of individuals, Families, and communities within America's Army by developing, coordinating, and delivering services that promote self-reliance, resiliency, and stability during war and peace.

USAG Ansbach ACS Vision: Empowering the Total Army Family through education to promote self-reliance and resiliency.

PROGRAM STAFF

Administrative Office

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AFTB & AFAP

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Servicing both Katterbach & Storck

Army Emergency Relief

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Servicing both Katterbach & Storck

Army Volunteer Corps

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Employment Readiness

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Family Advocacy Program

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Liana L. Sevcik, FAP Educator
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Mobilization & Deployment

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Christine Kaawaola, Program Specialist
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New Parent Support Program

Audry E. Haldaman, LCSW
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Relocation Readiness

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SFAC Specialist

Heather Lammers
Acting Program Manager
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Victim Advocate

Yadira Morales, Program Manager
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Yellow Ribbon Room

Crystal Woodard, YRR Coordinator
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Rachel Zinski, YRR Coordinator
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Military Family Life Consultants

Katterbach: 0151.1812 3764 or 0160.9835 0753
Storck: 0171.849 7174

USEFUL WEBSITES

USAG Ansbach

Phonebook

www.ansbach.army.mil/sites/phone/Phonebook.pdf

ACS

www.myarmylifetoo.com

AFN

www.afneurope.org

Army Knowledge Online

www.us.army.mil

Army One Source

www.militaryonesource.com

German Telephone Book:

www.telefonbuch.de

IMCOM EUROPE

www.imcom-europe.army.mil

MILITARY HOMEFRONT:

www.militaryhomefront.dod.mil

MILITARY ONE SOURCE:

www.militaryonesource.com

MWR

www.armymwr.com

Stars and Stripes

www.stripes.com

Tricare

www.tricareonline.com

USAG Ansbach

www.ansbach.army.mil

USAREUR

www.hqusareur.army.mil

ARMY EMERGENCY RELIEF



Army Emergency Relief Basics

Who is eligible?

- Soldiers on extended active duty and their dependents.
- Members of the Army National Guard and the U.S. Army Reserve on continuous active duty for more than 30 days and their dependents. (This applies to soldiers on AD for training (ADT) and serving under various sections of title 10, United States Code).
- Soldiers retired from active duty because of longevity or physical disability, or retired upon reaching age 60 (Reserve Components) and their dependents.
- Widows (ers) and orphans of soldiers who died while on active duty or after they retired.

What type of assistance is available?

AER provides:

Help with emergency financial needs for:

- Food, rent or utilities
- Emergency transportation and vehicle repair
- Funeral expenses (in some instances)
- Emergency medical/dental expenses
- Essential needs when pay is delayed or stolen
- Give undergraduate-level education scholarships, based primarily on financial need, to children of Soldiers

AER does not provide funds:

- For nonessentials
- To finance ordinary leave or vacation
- To pay fines or legal expenses
- To liquidate or consolidate debt
- For purchase of home or home improvements
- To purchase, rent or lease vehicle
- To cover bad checks or pay credit card bills
- To assist with routine monthly bills such as child care, cable, internet, etc.
- For general financial assistance in the event of poor budgeting

Can my spouse obtain AER assistance if I am deployed or TDY?

Yes. Your spouse should bring the following to the AER Section:

- Power of Attorney
- Military ID Card
- Substantiating documents (such as car repair estimate)

How long does it take to get AER help?

Depending on the need - same day to several days.

How do I find AER when I need help?

Call your local AER Officer, Karoline Garcia at DSN 467-2064 /-2883 or visit your local ACS to pick up an application. After hours, you may contact the American Red Cross at (07031)152-334 or DSN 431-2334.



Karoline Garcia

Army Emergency Relief Officer

Karoline.Garcia@eur.army.mil

09802.83 2064/2883 | 467.2064/2883

M-TH 0800-1700 & F 1130-1700 Katterbach

ARMY FAMILY ACTION PLAN



MICHELE SCHUH

Army Family Action Plan
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M-TH 0730-1630
F 1130-1630

HEIDELBERG, Germany -- Looking to tackle problems that impact U.S. military communities throughout Europe, 58 delegates from garrisons in Belgium, Italy, the Netherlands and Germany met earlier this month for the 2009 Army Europe Army Family Action Plan Conference.

Out of 85 issues discussed during the week-long event held in Weinheim, 14 were forwarded to a steering committee that is briefing Gen. Carter Ham, commander of U.S. Army Europe. Afterwards, Ham will approve whatever issues are sent to the Army-level AFAP General Officer Steering Committee for final review and possible implementation service wide.

Conference participants - who are at the heart of a process that pinpoints problems and proposes solutions - included a mix of active-duty Soldiers, family members, civilian employees and retirees who also participate in garrison-level AFAP programs.

During the conference, delegates split into five work groups, focusing on these areas: health care; force support; community and family support; employment; and consumer services.

Prior to work groups moving to their breakout sessions, Ham addressed them, saying: "Your challenge is to prioritize issues ... from all Army communities in Europe and developing recommendations for their solutions. I ask you to be thoughtful, deliberate and resourceful in making your collective decisions."

Each issue examined at the conference arrived via a garrison AFAP programs and an Installation Commander's Steering Committee. Under the AFAP concept, any problem not resolved locally, depending on scope, could be forwarded to an overseeing major command for further assessment.

Besides reviewing 85 issues brought to the 2009 Army Europe conference, delegates were asked to rank issues and areas that have been previously pushed up the AFAP chain or other quality-of-life programs. The three main areas and rankings were:

Most critical active AFAP issues at service level:

- * Distribution of Montgomery GI Bill benefits to family members
- * Inferior shipment of household goods
- * Convicted sex offender registry at overseas installations
- * Medical entitlements for college-age family members
- * Minimum disability retirement pay for medically retired wounded warriors

Mobilization/deployment challenges:

- * Dwell time use for training/exercises
- * Increase in suicide rates
- * Soldiers charged leave for Rest and Recuperation break
- * Vehicle storage during deployment
- * Slow processing of Veterans Affairs claims

Mobilization/deployment strengths:

- * Landstuhl Regional Medical Center
- * Rest and Recuperation leave
- * Warrior Transition Units
- * Additional pay and benefits during deployment
- * Medical care in theater
- * Army Community Service

"This additional tasking is another way to let leadership know what people are concerned about," said Thomas. "It allowed the delegates to further highlight the concerns of communities they represent."

She also noted that 2009 is the 25th anniversary of the Army Family Action Plan. Since the program's inception, 633 issues have been identified, resulting in 101 legislative changes, 147 Army policy and regulatory changes and 165 improved programs services.

Accordingly, she encouraged anyone "who sees something that they believe needs changing," to become involved with AFAP at their garrisons. "By becoming part of AFAP, you can help fix something that is broke. You can be part of the solution."

For more information about AFAP, visit www.myarmyonesource.com and click on the "Family Programs" link in the "Family Programs and Services" section. Or contact your Army Family Action Plan Program Manager at 09802.83.2883/2370 or DSN 467.2883/2370.

ARMY FAMILY TEAM BUILDING



AFTB

Connecting Families to the Army...
One class at a Time!



Army Family Team Building

Storck ACS

Level I, September 29 – 30, 0900-1400

Level II, November 3 – 6, 0900-1400

Level III, December 1 – 3, 0900-1400

Katterbach ACS

AFTB Express, October 6, 0900-1200

~Team Dynamics, Coaching & Mentoring, Volunteer
Experience

AFTB Express, October 27, 1800-2000

~Family Readiness Group Leadership, Introduction to
Military and Civilian Community Resources

AFTB DAY!!
December 16

Requires pre-registration.

Please call Storck ACS 09803.83.4555 467.4555 or
Katterbach ACS 09802.83.2883 467.2883



Child care funded for all day classes



Mission Statement

The USAG Ansbach AFTB program's mission is to educate and train all of the Army in knowledge, skills, and behaviors designed to prepare our Army Families to move successfully into the future. Our goal is to train mission ready Families who are successful through all stages of the deployment cycle.

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Army Family Team Building Program Manager
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F 1130-1630 Katterbach ACS
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ARMY VOLUNTEER PROGRAM



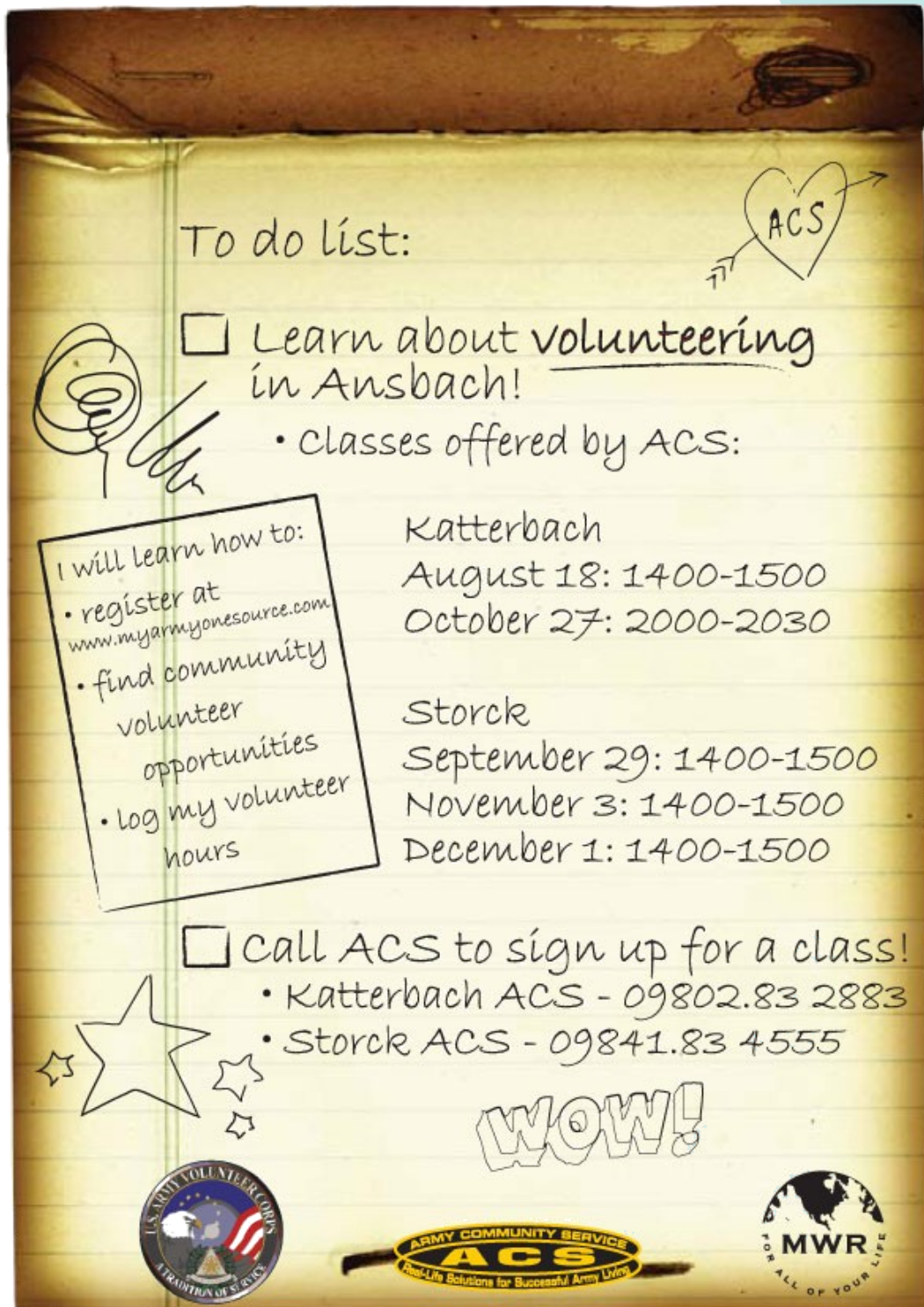
Sarah Amos

Army Volunteer Program Manager

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EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP)

is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support services to Families with special needs.

An Exceptional Family Member is anyone with a physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training or counseling.

EFMP Screenings

In accordance with AR 608-75, **Soldiers** who have Family members enrolled in the EFMP **are required**

to update their documentation every 3 years or when conditions change, whichever occurs first.

If you have any questions or need to know when you are due for an update, call the EFMP Manager



VICTORIA FAULKNER

EFMP Manager

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M-W & F Katterbach, Th Storck

Understanding Your Child's Individualized Education Plan

What is an Individualized Education Plan (IEP)?

1. It is a written plan.
An IEP explains how the school will meet your child's needs.
2. It is an opportunity for you to get involved.
An IEP gives you the opportunity to be an advocate for your child and ensure he or she will achieve their educational goals.
3. It is a contract.
An IEP lists the services that you can expect for your child. Your child will get the accommodations or assistance that is needed.

How are IEP's developed?

1. The school evaluates your child.
Either you can make a request or the school can suggest that an evaluation be conducted. In order to evaluate your child, a team of school specialists will consider the following:
 - Your observations
 - Teachers' observations
 - Tests that measure development, abilities, intelligence, and academic progress
2. The school makes a recommendation.
The evaluation will indicate if there is a need for special education services.
3. An IEP meeting is held.
If special education services are needed, an IEP meeting follows within 30 days. You, the school district official, the special education teacher and other people invited by you or the school will attend this meeting.
4. You and the school make a plan.
You and the school will agree on an IEP that:
 - sets specific learning goals
 - explains the specially designed instruction your child will receive to reach those goals

Where can you learn more about your child's IEP?

1. Contact your school's special education department.
2. Visit the National Dissemination Center for Children and Youth with Disabilities: <http://www.nichcy.org/educatechildren/iep/pages/default.aspx>

Being involved in your child's Individualized Education Plan is critical!

Help your child achieve his or her goals!
Make learning a positive experience for your child!

EMPLOYMENT READINESS

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THE A, B, C'S OF JOB HUNTING

Here are some suggestions for an effective job campaign, presented in the form of A,B,C's. Add these to the ideas you are already using in a job search.

Always assume a job hunt will take months, not days or weeks and plan accordingly.

Be punctual for all appointments but arrive no earlier than five minutes before the scheduled time.

Career counselors can be very helpful – but don't necessarily limit yourself to using only one.

Don't relax just because you have just learned of a dream job. Keep researching, you might find one even better.

Expect far more rejections than acceptances – one job expert says you are lucky if you get one "maybe" after following up your first 20 leads.

Follow up every interview with a thank you letter, expressing interest in the job and highlighting one or two of your best qualifications.

Give feedback from your job contacts to career counselors and people in your network so they know about your status and will think of you often.

Handshakes are important. Act like you have a high level of energy and look the interviewer in the eye.

Information interviews are a great way of making contacts and learning more about your chosen field, and possibly discovering new job leads.

Job-hunting is a 40 plus hour a week process. Start early; work late, and intelligently.

Know exactly how to reach interview sites, to avoid any risk of getting lost and arriving late.

Listen carefully to interview questions and respond as clearly as possible.

Memorize the name of the interviewer and use it once or twice in the course of the conversation.

Network using your best contacts and also be prepared to share leads with others, just as they may share with you.

Observe the way employees dress in an organization and appear for an interview in slightly more formal attire.

Positive reactions you express about your school, former employers, and other organizations will help create a more positive impression for you.

Quit worrying every time you receive a rejection, make each an excuse to develop three more leads.

Resumes should be slanted to the job in question, even if you have to create a number of different versions.

Sit alertly during the interview. Lean slightly forward, toward the interviewer.

Taking a temporary job may help pay the bills and keep up your morale during a long job search. Over 1.3 million Americans are "temping" today.

Use all possible sources of job leads; employment services, classified want ads, family, friends, etc.

Vary your job approach, if what you have done has not worked. If your letters or resumes are not getting results, try new formats.

Write down notes on all contacts and follow-up as soon as you leave an interview.

Xamine your job progress each week. Sit down and think over what you did. What mistakes did you make? What seems to work for you?

Your family and friends can be one of the best sources of job leads. Even though they may not be in the mainstream of your career field, seek their help.

Zero in on potential employers by doing research on their activities and show that you have studied them when taking interviews.

FAMILY ADVOCACY PROGRAM

The Army Community Service Emergency Placement Care Program

is looking for interested families to become emergency placement care (EPC) providers. The EPC program provides substitute family care for a child, over a planned period of time, when a child's own parent is unwilling or unable to care for their child/children. Our goal is to provide timely, high quality substitute child care homes located within the greater USAG Ansbach area. If you are interested, please call ACS FAP office at DSN 467-2146 or CIV 09802-83-2146.



WIGGLES & GIGGLES PLAYGROUP FOR BLEIDORN COMMUNITY!

WHEN: Every Tuesday morning beginning Sept. 1, 2009

WHERE: The Bleidorn Library

WHO: Parents with children 0-4 years old

**This is a wonderful opportunity
for you and your child to socialize!**

Misconceptions of Reporting Child Abuse

When a child abuse tragedy is reported in the media, neighbors often say that they thought something was wrong, yet too often no reports of known or suspected abuse were made to the police or local child protective services agency.

According to Childhelp®, surveys have shown that, although the majority of Americans polled believe that everyone should play a role in stopping child abuse, many people also admit to witnessing child abuse and doing nothing about it.

The reasons for not reporting abuse include not knowing where to call and misconceptions regarding what will happen once a report of known or suspected abuse it made to the police or a child protective services agency.

Many people incorrectly believe that::

- ⇒ By law, abused children must be removed from their homes immediately, which is the least likely outcome.
- ⇒ Child abuse cannot be reported anonymously. In most states, you don't need to provide your name.
- ⇒ The person reported fro abuse is entitled to know who made the report. They are not.

**Military Police are the Reporting Point of Contact
(RPOC) for all allegations of spouse/intimate
partner abuse and child abuse/neglect.**

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Illesheim: 09841-83-114/DSN 114

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Liana L. Sevcik

Family Advocacy Program Educator
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W 0900-1600 09841.83 4752 Storck

Cynthia Jacobs

Family Advocacy Program Specialist
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FINANCIAL READINESS

Financial Readiness

Learning to manage your money is a vital step toward securing your future.

Visit the Financial Readiness Program to find a range of information that will help you take control of your finances.

Program Highlights

In addition to the scheduled monthly classes, we are available to teach special classes at your unit, and meet with clients one on one. We can:

- Assess your situation
- Make a revised spending plan if you are experiencing changes in pay and/ or expenses
- Prepare a Debt Management Plan
- Help you start a TSP account
- And much more!

**Look at our
ACS Calendar to see the
classes that can benefit
you.**

BOB RISNER

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Spending on Food & Getting the Right Food

I have previously written on the concept of feeling “food poor” and the damage that does to relationships, self-images, and family solidarity. Today, I’d like to talk to you about the right amount of spending for your food

For 100 years, the United States Department of Agriculture has been tracking family spending overall and food spending in particular. Every month, they publish a chart that shows food costs in four categories – Thrifty (only used if the family receives food stamps), Low-cost (the correct section to use when you have access to the commissary; Moderate, and Liberal (where your Basic Allowance Subsistence or BAS come from).

The web site is:

<http://www.cnpp.usda.gov/Publications/FoodPlans/2009/CostofFoodJun09.pdf>

Once you are in the correct category, you determine your family’s composition and age. Let’s use a typical family: Male 27, Female 25, Male 6, and Female 4. Using the chart, we find that the monthly amount is \$706.60. If the amount you have for your family is too low, then everyone having their nutritional needs met may be an issue. If your amount is higher than this a number of factors can be at play.

Your family may be eating all pre-prepared meals instead of home prepared ones using rice, sauces, pasta and the like.

There is a Healthy Eating Index at:

<http://www.cnpp.usda.gov/Publications/HEI/healthyeatingindex2005factsheet.pdf>

along with the 2005 Dietary Guide at:

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

Watch this site for the 2010 guideline which are coming soon.

You may be eating out a lot – always a high cost. But there is an answer to check that too. The average family of four spends 12.4% of their budget on food at home and 3.7% eating out. Are you within those percentages?

Your Army Community Service financial counselor has many numbers such as these to assist you in preparing an overall budget – such as the costs of raising a child from 2 to 17, saving for a home, the benefits of education and the over-10 pots of money available to a Soldier to pay for it. As always, you do not have to be in financial difficulty to benefit from a check-up on your spending and establishing a written budget.

Reduce Debt, Increase Savings

INFORMATION & REFERRAL

WANT TO KNOW MORE ABOUT TRAVELING IN EUROPE?

BROWN BAG SEMINARS



*Once a month ACS Information and Referral
Will have a bring your brown bag lunch and
come learn about a great European Destination Spot.*

Upcoming Seminars:

September
Learn about the Regensburg & Wahalla
Katterbach ACS September 23 - 1200-1300



Regensburg is one Germany's oldest towns, founded by the Romans in 179 A.D. Today Regensburg is a prosperous city of about 150,000 inhabitants, 3 universities and many landmarks, most dated to the Middle Ages

The main attraction of Regensburg is its excellently preserved medieval city centre with the cathedral and the stone bridge being the highlights. As one of the few cities in Germany largely undamaged during the Second World War, Regensburg boasts the largest preserved medieval city centre in Germany. It is sometimes called "the northernmost city of Italy" due to the lively places and streets with lovely outdoor cafes during summer, as well as the large number of Italian-style medieval merchant houses and towers. The historic centre lies next to the river Danube (Donau), and crossing the medieval stone bridge into the town provides a perfect entrance to the city.



Walhalla is considered the most important of all works commissioned by King Ludwig I of Bavaria (1825-48). Architect Leo von Klenze constructed the Walhalla between October 18th 1830 – when the foundation stone was laid – and October 18th 1842 (official opening ceremony) Proximity to the former Free Imperial City of Regensburg with its magnificent gothic cathedral is deliberate.

Sarah Amos

Katterbach Information and Referral
Acting, Program Manager
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Did You Know?

ACS has an extensive travel section.
We have maps, brochures and even books to check out!
Stop in for a visit and gather information on your next European vacation.

NEW PARENT SUPPORT PROGRAM

Who Are We??

It's about you! New Parent Support is staffed by a Licensed Clinical Social Worker. The Program provides one to one support for expectant parents and parents of children 0-3 years. The services include **confidential** home visits providing supportive counseling, parenting techniques and education. Please call to learn more about this program or to set up an appointment.

Infant and Toddler Information

www.kidshealth.org
www.keepkidshealthy.com
www.heinzbaby.com
www.natural-family.com
www.familyeducation.com
www.babyzone.com
<http://www.marchofdimes.com/aboutus>

Wiggles & Giggles Playgroup

A playgroup for parents and children ages 0-4

NEW! Every Tuesday

1000-1130

Bleidorn Library, Bliedorn

Every Wednesday

1000-1130

ACS Classroom, Bldg 6510, Storck Barracks

Every Thursday

1000-1130

Katterbach Chapel, Downstairs Child's Chapel

Upcoming Topics:

Week 1: Toddlers, Food and Development

Week 2: Food Tasting with Toddlers

Week 3: Manners and Mealtime

Week 4: Snack Ideas

Audry E Haldaman, LCSW

New Parent Support Program

audry.e.haldaman@eur.army.mil

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M-W & F Katterbach; Th Storck

New parent Support program

Expectant and new parents now have access to a trusted resource guide as close as their e-mail box. The Department of Defense has created a free service that includes customized information, news, and resources. The information is sent to parents throughout the pregnancy and automatically expires on the child's third birthday. See the following link for more information.

<https://forums.bcks.army.mil/community>

Additional resources are always available through New Parent Support to assist you with your pregnancy, infant and toddler needs.



LaLeche league of Ansbach

This breast feeding group meets the second Wednesday of every month in the Children's Church Room in the basement of Katterbach Chapel. For breastfeeding support and information contact Donna at 09872 953 440.



RELOCATION

DAY TRIPS WITH THE KIDS
(AND THEY'RE CLOSE TO ANSBACH TOO!)

SCHLOSS THURN, HEROLDSBACH



OPENING HOURS

UNTIL 13 SEPTEMBER: 1000 to 1800
AFTER 13 SEPTEMBER: OPEN WEEKENDS
OCTOBER 3 & 4: 10.00 TO 17.00
AFTER OCTOBER 3: PARK IS CLOSED FOR WINTER.

ADMISSION PRICE: EUROS
ADULTS: 14.50
CHILDREN 4-12 YEARS 12.50 and anyone with a handicap

*Special price for birthday kids 5days before or 5 days after

ATTRACTIONS INCLUDE:

Western shows, medieval tournaments, puppet theater, horse shows with stunt riding, Disney carousels, water rides, steam train rides, roller coaster, pedal boats, jumping castle, and much more. All rides and shows are included in the admission price.



Herzlich Willkommen !

Program Services

- **Welcome Packets**
Full of handy information about your new duty station and the local community.
- **Loan Closet**
Provides basic household items for temporary loan for incoming and outgoing Families.
- **Newcomer Orientation (PEP)** Program for Spouses and Civilians otherwise know as: People Encouraging People (PEP) Newcomer Orientation Program is a fun 2 day orientation for spouses and civilians who want to learn more about the Ansbach military and local community. The spouses will learn everything the Soldier learned in Head start. (Childcare can be reimbursed)
- **Relocation Counseling & Planning**
For inbound and outbound transferees.
- **Sponsorship Training**
For individuals and units.
- **Conversational German Language Classes**
- **English as a Second Language Classes**
- **Pre-move Destination Information**

CLAUDIA GARBERS

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DEPLOYMENT & MOBILIZATION

Deployment & Mobilization

We are here to help with Family Readiness Issues. We are available to provide training and seminars to FRGs and others in support of the Deployment Cycle. We are currently building our resource library in order to provide Families and Soldiers with the most current information available regarding military life. Furthermore, we work with the command to help foster an understanding of Family Readiness and how they work together with the FRG to better support Families.

Upcoming Programs

Sept 8-9: FRG leader training 0900-1430
Katterbach YRR

Sept 21-24: 3/158 Pre-Deployment Battlemind, 1000-1130 KCFH*

Sept 22: 3/158 Pre-Deployment Battlemind, 1800-1930 KCFH

Sep 28 –Oct 1: 5/158 Pre-Deployment Battlemind, 1000-1130 KCFH

Sept 28: 5/158 Pre-Deployment Battlemind, 1800-1930 KCFH

Oct 6: 3/158 & 5/158 Make Up Battlemind, 1800-1930, KCFH

* KCFH = Katterbach Chapel Fellowship Hall

www.militaryonesource.com
www.myarmylifetoo.com

Building the Resilience of Your Military Family

Keeping up with your family while you're deployed takes planning and effort. But your commitment to remain an important part of your child's or teenager's life can help both of you handle the challenges of deployment. At the same time it will reassure both of you that your connection will remain strong despite the miles between you.

Before you leave, let your child or teenager know how important it is to you that you stay involved in her life. Talk about the challenges your family will face during the deployment and how being in close contact will give each of you emotional strength.

- *Find out what communication options will be available.*
- *Think about the different ways you might want to stay in touch.* If you don't already own a digital camera or video recorder, buy an inexpensive one so you can easily share your experiences with your spouse and child. You can post videos for each other through the Military OneSource TroopTube program at www.MilitaryOneSource.com.
- *Make plans for special occasions you'll miss.* Consider buying birthday and holiday gifts ahead of time and writing notes or cards for your spouse to give to your son or daughter on the special occasions.
- *Contact your child's teachers and coaches.* Let them know you'll be deployed and ask them to keep you in the loop about grades, behavior, accomplishments, school plays, and any other information about your child's or teenager's school life. Give the teachers your e-mail address if you'll have Internet access.
- *Look at a calendar with your child.* Break out the calendar or appointment book you'll be bringing with you. Sit down together to flip through the months and jot down the important occasions. Use this as an opportunity to talk about your feelings and to let your child or teenager know without a doubt that you'll be thinking of her on the day of her school play, her birthday, and every other special event that comes up while you're deployed. Also, talk about ways you might share those moments. For example, you could ask your spouse to record the school play, or your teenager might decide to call you from the sidelines if her team makes the playoffs.
- *Read the same books.* Ask your child or teenager to give you a list of books he'll be reading for school or for pleasure while you're away. Get copies and read them yourself while you're on deployment. You'll feel part of your child's life by sharing the experience of reading the same book and it will be fun to discuss your opinions. You'll also be letting your child or teenager know that you consider reading to be a worthwhile activity.

**Taken from www.militaryonesource.com,
"Building the Resilience of Your Military Family"

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YELLOW RIBBON ROOM



**Need to use a computer?
Want a place to relax? Looking
for the location of your
next meeting? Want to save
some money with coupons?**

The Yellow Ribbon Room offers all of these services and more. Come on over and check us out.

The Yellow Ribbon Rooms are looking for ways to better serve our customers. If you can think of any classes or activities that our Yellow Ribbon Rooms should offer, please call.

Program Highlights

Fun in the Kitchen Storck YRR

September 9: 1800-1930

September 23: 1800-1930

Hor d'ourves will be made at both classes - please call ahead to sign up and get the ingredients list.

Kid's Crafts Storck and Katterbach YRR

Every Tuesday - 1500

Come and meet other parents while your children participate in a self directed art/craft activity.

Are you interested in joining a Deployment Support Group? Let us know by contacting a YRR or Mobilization and Deployment staff member

**See our Calendar for
dates and times of
events!**



Meet Your FRG



This month we interviewed Mrs Joan Martin, FRG leader for 2/159 HHC. She has been a Military Spouse for six years. She is a college student and has three children ages 13, 8 and 6. She has been involved in the catholic community as an

EME, Lector, CWOC member and Confirmation Sunday school teacher the last 4 years.

What are your goals for the FRG?

I would love to see the FRG become a multi-faceted information and support group with a large group of leaders and other volunteers who are willing to go above and beyond the call of duty to help support our military families, especially during a deployment.

What is the topic of your next meeting?

Our next meeting will be a mix of information on deployment and also community resources available in our area.

When and Where do you hold your FRG meetings?

We hold our FRG meetings in the yellow ribbon room on base in the early evenings. This accomodates our employed spouses and also spouses with children- there is a playroom available on site. Meals are served by our FRG volunteers.

Do you have an open volunteer positions at this time?

Yes, indeed we do have vacant slots available in our FRG!! We are in need of key callers and general volunteers.

Is there anything else that you would like to add?

I would simply like to say that it has been a pleasure volunteering for our United States Army and helping support our soldiers and their families. This is how I serve my country. This is how I help others be successful within our military community.

CRYSTAL WOODARD

Yellow Ribbon Room

Coordinator - Katterbach

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M-Th 0900-1800 & F 1130-1800

RACHEL ZINSKI

Yellow Ribbon Room

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M-Th 0900-1400 & 1500-1800

F 1130-1400 & 1500-1800

VICTIM ADVOCACY

Victim Advocacy

A victim advocate (VA) is here to help you navigate the system and understand options and resources available to you. A VA's first priority is to help keep you safe, treat you with dignity and respect and to help you receive the medical treatment, care and counseling services that you deserve. Please call to learn more about our program or to seek help.

Why do batterers threaten, abuse, or kill animals?

To demonstrate and confirm power and control over the family. To isolate the victim and children. To eliminate competition for attention. To force the family to keep violence a secret. To teach submission. To retaliate for acts of independence and self-determination. To perpetuate the context of terror. To prevent the victim from leaving or coerce her/him to return. To punish the victim for leaving. To degrade the victim through involvement in the abuse.

What can victims of domestic violence do to protect their pets?

Develop an emergency plan for sheltering the pets, themselves, and their children. Establish ownership of the pets (obtain an animal license, proof of vaccinations or veterinary receipts in victim's name to help prove they own the pets. Prepare the pets for departure (collect vaccination and medical records, collar and identification, medication, bowls, bedding, etc.). Ask for assistance from law enforcement or animal care and control officers to reclaim the pets if left behind.



Family Pet is at Heart of Domestic Violence Situations

When domestic violence erupts, family pets are often the first target because abusers understand and exploit the deep bond between pets and family members. Threatening the pet often causes the victim to stay for fear of what might happen to the animal if they leave. Studies have found that almost half of battered women delay their escape for that reason. Unfortunately, this fear is well-founded. All too often, batterers punish victims for leaving by abusing or killing their pets. While pets can be a source of comfort and stability for victims, they are often injured - and even killed - by a violent family member to intimidate and control other members of the household.

In response, animal shelters, animal care and control agencies, veterinary clinics, and private boarding kennels have begun partnering with domestic violence shelters to provide temporary housing for victims' pets. While we're calling these programs Safe Havens for Animals™, they may also be known by a variety of names—such as Safe Haven, Safe Pet Program, or Animal Safehouse, among others. Overall, their central mission is the same: to offer a life-saving alternative for family violence victims and their companion animals. As these programs are developed in communities, fewer victims will have to choose between their pets and their safety.

According to Wayne Pacelle, President and CEO of The Humane Society of the United States, "The bond between people and their pets is so powerful that people would rather stay in an abusive situation if it means protecting their animal. A pet is sometimes the only positive and unconditional relationship that a victim might have and that means they will do absolutely anything to keep them safe. We want the law to recognize the deep significance of that relationship and acknowledge that for most people, a pet is part of the family and therefore a victim – and a pawn -- in the horrendous cycle of domestic violence."

Facts:

- Research shows that pet abuse is a predictor of domestic violence. Paying attention to pet abuse can save human lives.
- Studies show that up to 71% of battered women report their pet was threatened, harmed, or killed by their partners.
- A "gold standard" study conducted between 1994 and 2000 found that pet abuse is one of four risk factors for intimate partner violence.
- A Texas study found that batterers who harm animals are more dangerous and more violent than batterers who do not abuse animals.
- Children exposed to domestic violence are three times more likely to be cruel to animals than children living in nonviolent households.

Information from: <http://www.hsus.org/>

YADIRA MORALES

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M-TH 0800-1700 & F 1130-1700 Katterbach





SOLDIER AND FAMILY ASSISTANCE CENTER

THE SOLDIER AND FAMILY ASSISTANCE CENTER

supports the Soldiers and Family members assigned to the Warrior Transition Unit. The SFAC coordinates priority service with Garrison agencies and provides training and information to Wounded Warriors.

WEBSITE

The USAG Ansbach SFAC Web-page has a lot of useful information. By going to the website you are able to locate information and other links to helpful websites. You will find links for :

- Warrior/Soldier Services
- Family Services
- Leader's Corner
- Benefits
- Personnel Actions
- Transitioning Soldiers
- Agency Support
- Information
- FAQ

www.imcom-europe.army.mil/sfac/ansbach/index.htm

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Vocational Rehabilitation and Employment Service

President Lincoln in his Second Inaugural Address indicated the importance of caring for the Nation's veterans with the following:

"To care for him who shall have borne the battle and for his widow and his orphan."

These words spoken by President Lincoln reflect the philosophy and principles that guide the Department of Veteran Affairs and the Vocational Rehabilitation and Employment Service as our endeavors are focused on serving our Nation's veterans and their families.

The Department of Veterans Affairs' Veterans Benefits Administration's Vocational Rehabilitation and Employment (VR&E) service is vested with delivering timely, effective vocational rehabilitation services to veterans with service-connected disabilities. Enabling our injured soldiers, sailors, airmen, and other veterans with disabilities for a seamless transition from military service to a successful rehabilitation and on to suitable employment after service to our Nation. For some severely disabled veterans, this success will be to live independently, achieving the highest quality of life possible with a realized hope for employment given future advances in medical science and technology. The Vocational Rehabilitation and Employment service strives to exceed the service delivery expectations of veterans and their families.

VR&E's primary benefit program is vocational rehabilitation services for veterans who have a service-connected disability. To receive services a veteran must be found both eligible and entitled. The outcome of these services lead to suitable employment that is consistent with their aptitudes and interests, or achieving independence in their daily living.

For more information on the Vocational Rehabilitation Program visit:

www.va.gov



SEPTEMBER CALENDAR OF EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wiggles & Giggles Playgroup 1000-1130 Bleidorn Library Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR	2 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Computer Basics 1400-1600 Katt. ACS Consumer Rights and Obligations 0900-1100 Storck ACS	3 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview & Dress for Success 1400-1600 Katt. ACS Federal Resume Class 1000-1130 Storck ACS Credit 0900-1100 Storck ACS	4 Program List continued Financial Readiness Program 12 Information and Referral 13 New Parent Support Program 14 Relocation Readiness Program 15 Mobilization & Deployment Program 16 Yellow Ribbon Room 17 Victim Advocacy 18 Soldiers and Family Assistance Center 19
7 LABOR DAY ACS CLOSED	8 Wiggles & Giggles Playgroup 1000-1130 Bleidorn Library Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR FRG Leader Training 0900-1300 Katt. YRR Debt Liquidation 0900-1100 Storck ACS	9 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Computer Basics 1400-1600 Katt. ACS FRG Leader Training 0900-1300 Katt. YRR Key Caller Training 1000-1200 Storck YRR Fun in the Kitchen 1800-1930 Storck YRR Insurance 0900-1100 Storck ACS Free EFMP Bowling 1700-1900 Storck	10 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview & Dress for Success 1400-1600 Katt. ACS Personal Financial Readiness 0900-1100 Storck ACS CYS JOB FAIR 1000-1500 Katt YRR	11 Program list Army Emergency Relief 3 Army Family Action Plan 4 Army Family Team Building 5 Army Volunteer Program 6 Exceptional Family Member Program 7 Employment Readiness Program 8 Family Advocacy Program 9
14 Free EFMP Bowling 1700-1900 Katt Job Search 0930-1100 Storck ACS	15 Wiggles & Giggles Playgroup 1000-1130 Bleidorn Library Resumix & Job Searching 1400-1600 Katt. ACS Home Based Businesses 1000-1200 Storck ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR PEP Newcomer Orientation 0830-1400 Storck ACS	16 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Labor and Delivery Class 1630-1930 Katt. YRR Computer Basics 1400-1600 Katt. ACS Investment Basics 0900-1100 Storck ACS EFMP Support Group 1200-1300 Katt. ACS PEP Newcomer Orientation 0830-1400 Storck ACS	17 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview and Dress for Success 1400-1600 Katt. ACS Employment Opportunities Class 0900-1100 Storck ACS Banking & Credit Union Service 0900-1100 Storck ACS EFMP Support Group 1200-1300 Storck ACS Ansbach Walking Tour Katterbach ACS	18
21 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel	22 Wiggles & Giggles Playgroup 1000-1130 Bleidorn Library Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel 3/158 Pre-Deployment Battlemind 1800-1730 Katt Chapel Budget Dowlpeoment 0900-1100 Storck ACS PEP Newcomer Orientation 0830-1400 Katt. ACS	23 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Computer Basics 1400-1600 Katt. ACS FRG Forum 1000-1200 Katt. YRR 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel Fun in the Kitchen 1800-1930 Storck YRR PEP Newcomer Orientation 0830-1400 Katt. ACS Record Keeping 0900-1100 Storck ACS Brown Bag Seminar - Regensburg 1200 - 1300 Katterbach ACS	24 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview and Dress for Success 1400-1600 Katt. ACS Educational Opportunities Class 0900-1030 Storck ACS 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel Mandatory Personal Financial Readiness Training (E1-E4) 0800-1700 Storck ACS German Conversational Class - Lesson #1 -1200-1300 Storck ACS	25 Preregistration is required for all
28 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel 5/158 Pre-Deployment Battlemind 1800-1930 Katt Chapel	29 Wiggles & Giggles Playgroup 1000-1130 Bleidorn Library AFTB Level I 0900-1400 Storck ACS 3/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR Resumix & Job Searching 1400-1600 Katt. ACS Traveling in Europe on a Budget 0900-1030 Storck ACS Consumer Rights and Obligations 0900-1100 Storck ACS	30 AFTB Level I 0900-1400 Storck ACS 5/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel Computer Basics 1400-1600 Katt. ACS Interview and Dress for Success 1330-1500 Storck ACS Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Stress and Anger Management 1400-1600 Katterbach ACS Credit 0900-1100 Storck ACS Nurnberg Train Trip 0830-1430 Katt. ACS	Oct 1 5/158 Pre-Deployment Battlemind 1000-1130 Katt Chapel Wiggles & Giggles Playgroup 1000-1130 Katt Chapel Interview and Dress for Success 1400-1600 Katt. ACS	CHILD CARE FUNDED FOR AFTB & FRG TRAINING